

JULY - DECEMBER 2016

MorningstarSeniorLiving.org

Event **FULL** Living^{MSL}

Morningstar Senior Living
Catalog of Events

life is a
journey
filled with
events to
enrich
your life

P2 | Meet the Artist


An opportunity to meet and chat with local artists.

P4 | Performances

Something for everyone.

P10 | Quilt Show

The quilts on show have traveled from near and far to be here.



What is
EventFULL
Living^{MSL}

Morningstar Senior Living's way of enriching life's journey for you and other citizens in our community. Whether you live at home or at one of our communities, you're invited to be a part of something "big".

This 6-month calendar provides ways to enrich your life with events that keep you engaged and connected to a network with others in our community for education, recreation, entertainment, health and fitness. Reserve your place today in as many programs as you like.

**Reservations are required as seating is limited.
Call 610.746.1000 or make your reservation
online at www.MORAVIAN.com.**

Unless otherwise indicated, all programs are held in
Kortz Hall at Moravian Hall Square.
175 W. North Street • Nazareth, PA 18064

Programs are "*free of charge*" except where noted.



Meet the Artist

2

- Kate Grube
- Rose Mavis
- Residents of Moravian Hall Square
- Linda Kreckel
- Joan Sayer
- The Bethlehem Chamber of Commerce

Entertainment

4

- Matthew & Albert Fishteyn
- Louie Setzer and the Appalachian Mountain Boys.
- The Dixieland Commanders
- Fred Miller Lectures-In-Song
- Holiday Sing-a-long

Health & Fitness

6

- Memory Screening
- Stroke Prevention
- Mindfull Grilling
- Sleep Basics and Aging
- Living with...Parkinson's Disease

Care Giving | Planning | Advocacy

8

- Planning to Live Life to the Fullest
- 70½ Maximize IRA
- Memory Lane: Meaningful Resident-Driven Communities: A New Model of Care
- Memory Lane: The Art of Letting Go: Learning to Live! with Dementia and How to Find Moments of Joy

Special Interest Topics

10

- 'Tis Well: The Life and Death of George Washington
- Mature Driver Class
- Quilt Show
- Decorating for the Holidays
- Icing Warz II



Enjoying the arts can benefit both your physical and mental health. These monthly programs offer you an opportunity to meet and speak with local artists. Learn techniques, motivation and ideas expressed through the visual arts.

JULY | SATURDAY 9TH | 11:00 AM - NOON

Kate Grube - *Architectonics*

Kate brings a wealth of artistic flare, having spent most of her career teaching as a visual arts teacher in the Bethlehem Area School District. She enjoys working with a variety of materials: quilting, paper crafts, acrylic painting, watercolors, colored pencil, and especially, pen and ink drawing.

AUGUST | SATURDAY 13TH | 11:00 AM - NOON

Rose Mavis - *The Eclectic Views of Rose Mavis*

Local artist Rose Mavis works in a variety of mediums including pen and ink, pencil, scratchboard, oils, pastels, charcoal, acrylic and watercolors. This exhibition of her art shows the variety and diversity of her work across many mediums.

SEPTEMBER | SATURDAY 10TH | 11:00 AM - NOON

Residents of Moravian Hall Square - *Needles & Stitches*

Residents of Moravian Hall Square display examples of their handiwork. Quilting, cross-stitch, crewel and detailed needlework will be showcased in original works of art and practicality.

OCTOBER | SATURDAY 8TH | 11:00 AM - NOON

Linda Kreckel - *Watercolor Expressions and Mixed Media*

Linda Kreckel is an artist with an affinity for the rural landscape. She is inspired by animals and florals and scenes from her travels. The challenge of creating a piece that visually draws in the viewer and retains the white of the paper keeps her painting and drawing.

NOVEMBER | SATURDAY 12TH | 11:00 AM - NOON

Joan Sayer - *Watercolor Medley*

Joan Sayer studied folk art painting in Germany while traveling in Europe. There she had opportunity to photograph many different areas and subjects. Her watercolor paintings are a medley of images she captured during her travels and adventures.

DECEMBER | SATURDAY 10TH | 11:00 AM - NOON

The Bethlehem Chamber of Commerce - *Bethlehem Celebrates 275 Years!*

52 years of Christmas City Seals along with memorabilia and commemorative items that depict the celebratory year are shared by The Bethlehem Chamber of Commerce. Members of the celebration committee will be on hand to share highlights and history of our neighboring city. A special Bethlehem 275 book with stories compiled by local historian and author, Frank Whelan, will be featured at the reception.

Summer, Winter, Spring and Fall, if you love to be entertained, we offer it all. Come for fun, food, trips, music and more.

JULY | FRIDAY 15TH | 7:30 PM

Matthew & Albert Fishteyn

Together, brothers Matthew and Albert Fishteyn, create an eclectic style of music that combines blues, funk, soul, country, jazz and classical. With Matt on keyboards and Albert on drums, they reinvigorate old songs with a new twist.

AUGUST | FRIDAY 19TH | 7:30 PM

Louie Setzer and the Appalachian Mountain Boys

Get ready! Louie Setzer is a premier vocalist with a unique vocal style. With his band, The Appalachian Mountain Boys, Louie combines traditional bluegrass, country and gospel music with a sound all their own. Hang on to your seats and get ready for an exciting show!

OCTOBER | WEDNESDAY 12TH | 7:30 PM

The Dixieland Commanders

Let The Dixieland Commanders take you on a MUSICAL riverboat cruise from St. Louis to New Orleans to see what made Dixieland America's unique contribution to world culture. Enjoy ragtime, rhythm and blues, country and western, Broadway theater, rock and roll, and jazz along the way.

NOVEMBER | TUESDAY 1ST | 7:30 PM

Fred Miller Lectures-In-Song

Lectures-In-Song is a dynamic musical performance by Fred Miller bringing to life the music of Alan Jay Lerner. Lerner created some of the world's most popular and enduring works of musical theatre for both the stage and the screen including "Brigadoon," "My Fair Lady," and "Camelot".

DECEMBER | TUESDAY 20TH | 10:30 AM

Holiday Sing-a-long

Do you have a favorite holiday tradition? This Holiday Sing-a-long has become a favorite here at Moravian Hall Square. Barb Abel and Friends will lead us in some of the classic holiday favorites. Come ready to sing!

Please **HELP!** Donations of canned good items are appreciated to present to the Nazareth Food Bank.

Ready to get healthy? Take advantage of education, screenings, resources and activities that can help you stay abreast of the latest developments in health, fitness and nutrition.

**FIRST WEDNESDAY OF EACH MONTH
JULY THROUGH DECEMBER
3:00 PM - 6:00 PM AT GALILEE HOUSE**

Memory Screening

Morningstar Senior Living is proud to be a host site for the Alzheimer's Foundation of America Memory Screening initiative. To help promote early detection and intervention for those concerned about memory loss, we are offering free, confidential Memory Screening. Screenings are held at Galilee House, on the campus of Moravian Hall Square.

JULY | WEDNESDAY 13TH | 10:30 AM

Stroke Prevention

Presented in coordination with the **American Heart Association**, come and learn ways to reduce your risk factors for having a stroke. This informative presentation will increase your knowledge of major stroke risk factors and motivate you to reduce them. Focus will be on minimizing risk factors that can be controlled. Signs and symptoms of strokes, and what to do if you or a loved one experiences a stroke, will be discussed.

JULY | THURSDAY 28TH | 10:30 AM

Mindfull Grilling

Oh those summer days...and the aroma of outdoor grilling! Moravian Hall Square's culinary team will be providing tips to help you make healthy choices as you fire up the grill.

AUGUST | TUESDAY 30TH | 10:30 AM

Sleep Basics and Aging

Join Michael J. Hess, MHA, RRT from the Sleep Disorder Center at St. Luke's University Health Network as he discusses: What is sleep? Why is it important? How does sleep change as you age? What are the barriers to sleeping well? Tips to improve sleep health and common sleep issues/disorders.

NOVEMBER | TUESDAY 15TH | 10:30 AM

Living with...Parkinson's Disease

From Kris Levine's point of view, there is much to learn about living with Parkinson's Disease. Benefit from Kris' overview of Parkinson's Disease and essential tremors and treatment options including **Deep Brain Stimulation**. Kris Levine, LPN, MSCS, is St. Luke's Neuroscience Specialty Program Coordinator.

Take advantage of professional education and resources to help you navigate today's complex health care system.

AUGUST | TUESDAY 16TH | 10:30 AM

Planning to Live Life to the Fullest

This educational presentation will review the retirement living options you have available to you, and identify key factors that have a significant impact on your plan for living life to the fullest.

SEPTEMBER | TUESDAY 20TH | 10:30 AM

70½ MAXIMIZE IRA

The age of 70½ is an important age for people who have Individual Retirement Accounts (IRAs). Learn about the rules and formularies for minimum distribution with traditional IRAs, Roth IRAs as well as opportunities for charitable giving tax benefits. Presenters include Registered Broker and Investment Adviser, Beth Ann Kowalski of Raymond James Financial Services, Inc., and Mollie Santee, Executive Director of Morningstar Senior Living Foundation.

SEPTEMBER | THURSDAY 29TH | 6:00 PM

Memory Lane | Meaningful Resident-Driven Communities: A New Model of Care

For truly person-centered care to become a reality, it is critical for people with dementia to be provided with the opportunities to live their lives the way that people without dementia wish to live their lives. This involves providing choice, meaningful activity, control over their own lives, and social roles within their own communities. Dr. Cameron Camp will provide examples of such an approach and discuss how this approach changes traditional dementia care in radical ways.

NOVEMBER | THURSDAY 3RD | 6:00 PM

Memory Lane | The Art of Letting Go: Learning to Live! with Dementia and How to Find Moments of Joy

This skills-based workshop will be presented by Dr. Beth Nolan, Positive Approach to Care, and is for family members, and others who provide direct care to individuals living with dementia. Learn how to improve your ability to approach, connect and provide care for those living with dementia. This workshop will focus on three areas: basics of dementia; how to approach, connect and engage a person living with dementia; and the changes that occur in the later stages of dementia.



Take up a new activity, interest, enthusiasm or pastime because it's something you always wanted to learn about or know how to do.

JULY | TUESDAY 19TH | 10:30AM

'Tis Well: The Life and Death of George Washington

Author Jeffrey E. Finegan shares the story of Washington's life through the eyes of his physician, Doctor James Craik. The two met and served together during the French and Indian War and remained friends until Washington's death over forty years later.

SEPTEMBER | TUESDAY 6TH & WEDNESDAY 7TH | 10:00 AM - 2:00 PM

Mature Driver Class

Let us help keep you on the road with AAA's Mature Driver Class. Successful completion of this state approved course may even save you money on your auto insurance. Class size is limited, so sign up early. There is no fee for Northampton County AAA members; a \$10 fee applies to all other AAA members; a \$30 fee applies for non-AAA members. Attendees must attend on BOTH days to complete the class.

OCTOBER | FRIDAY 14TH & SATURDAY 15TH | 10:00 AM - 4:00 PM

Quilt Show

Moravian Hall Square's quilting group, Sew Many Stitches, presents an array of beautiful quilts. The quilts on show have traveled from near and far to be here. Many of the antique quilts are family heirlooms - enjoy reading about the history, and the love, stitched into every one of them. Modest entrance fee.

OCTOBER | TUESDAY 18TH | 10:30 AM

Decorating for the Holidays

The holidays are meant to be a time to enjoy precious moments with family and friends. But all too often we find ourselves rushing to decorate our home. Local florist Lynn Klein, Mycalyn Florals, will share floral decorating tips to make your home look spectacular in plenty of time for the holidays.

OCTOBER | WEDNESDAY 26TH | 10:30 AM

Icing Warz II

Who will win the ultimate "icing" battle? Be a part of the competition and crown our **NEW** Icing Warz champion. The sweet taste of victory is in store for all who come and participate. "It's an ICING thing....bring it on!"

Plan on it.

Use this chronological listing of events to plan your calendar with Morningstar Senior Living's education, recreation, entertainment, health and fitness *EventFULL Living^{MSL}* programs.

JULY

Saturday 9 TH 11:00 AM - Noon	Meet the Artist: Kate Grube Architectonics	PAGE 2
Wednesday 13 TH 10:30 AM	Stroke Prevention	PAGE 6
Friday 15 TH 7:30 PM	Matthew & Albert Fishteyn	PAGE 4
Tuesday 19 TH 10:30 AM	'Tis Well: The Life and Death of George Washington	PAGE 10
Thursday 28 TH 10:30 AM	Mindfull Grilling	PAGE 6

AUGUST

Saturday 13 TH 11:00 AM - Noon	Meet the Artist: Rose Mavis The Eclectic Views of Rose Mavis	PAGE 2
Tuesday 16 TH 10:30 AM	Planning to Live Life to the Fullest	PAGE 8
Friday 19 TH 7:30 PM	Louie Setzer and the Appalachian Mountain Boys	PAGE 4
Tuesday 30 TH 10:30 AM	Sleep Basics and Aging	PAGE 6

SEPTEMBER

Tuesday 6 TH & Wednesday 7 TH 10:00 AM - 2:00 PM	Mature Driver Class	PAGE 10
Saturday 10 TH 11:00 AM - Noon	Meet the Artist: Residents of Moravian Hall Square Needles & Stitches	PAGE 2
Tuesday 20 TH 10:30 AM	70½ Maximize IRA	PAGE 8
Thursday 29 TH 6:00 PM	Memory Lane Meaningful Resident-Driven Communities: A New Model of Care	PAGE 8

OCTOBER

Saturday 8 TH 11:00 AM - Noon	Meet the Artist: Linda Kreckel Watercolor Expressions and Mixed Media	PAGE 2
Wednesday 12 TH 7:30 PM	The Dixieland Commanders	PAGE 4
Friday 14 TH & Saturday 15 TH 10:00 AM - 4:00 PM	Quilt Show	PAGE 10
Tuesday 18 TH 10:30 AM	Decorating for the Holidays	PAGE 10
Wednesday 26 TH 10:30 AM	Icing Warz II	PAGE 10

NOVEMBER

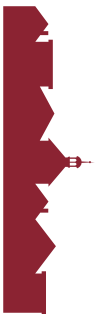
Tuesday 1 ST 7:30 PM	Fred Miller Lectures-In-Song	PAGE 4
Thursday 3 RD 6:00 PM	Memory Lane The Art of Letting Go: Learning to Live! With Dementia and How to Find Moment of Joy	PAGE 8
Saturday 12 TH 11:00 AM - Noon	Meet the Artist: Joan Sayer Watercolor Medley	PAGE 2
Tuesday 15 TH 10:30 AM	Living with...Parkinson's Disease	PAGE 6

DECEMBER

Saturday 10 TH 11:00 AM - Noon	Meet the Artist: The Bethlehem Chamber of Commerce	PAGE 2
Tuesday 20 TH 10:30 AM	Holiday Sing-a-long	PAGE 4



While you are attending one of these events, take the opportunity to enjoy a meal at the Good Spirit Café or shop at the Good Spirit General Store.



Morningstar

SENIOR LIVING

Enriching life's journey

175 W. North Street
Nazareth, Pennsylvania 18064

Event**FULL**
Living^{MSL}

Morningstar Senior Living is all about enriching life's journey with opportunities for intellectual development, cultural stimulation, social interaction, technology and recreation. Isn't that what life should be FULL of?

NON-PROFIT
US POSTAGE
PAID
LEHIGH VALLEY, PA
PERMIT NO. 601